



Akron Children's Hospital  
GOODYEAR FOUNDRY

# Take the Helmet Fit Test

A bicycle helmet reduces your chance of head injury in a crash by 85% – but only if you wear it properly.

Follow these steps to make sure your helmet will keep you safe.



## Step 1

### Protect your brain

The helmet should sit low on your head. You should only have 2 finger widths between your eyebrows and the helmet.



## Step 2

### Buckle up

The helmet straps should form a triangle around your ears.



## Step 3

### Check the tightness

When you open your mouth, the helmet should feel snug. Tighten the straps if they feel loose.